



HRN: 3.0) Peer Recovery Support Participant Manual

Peer Recovery Support seeks to foster a healthy balanced life and independence by helping to build skills for resilient wellness



WELLNESS, SETTING GOALS AND PARTICIPATION IN TEAM PLANNING

3.1) WHAT IS WELLNESS AND HOW IMPORTANT IS IT?

Defining “**Wellness**” will have different standards to every person, but there are some common overlaps. The Global Wellness Institute defines wellness as the active pursuit of activities, choices and lifestyles that lead to a state of holistic health. From this definition it is important to note:

- 1) Wellness is not a passive or static state, rather an intentional “active pursuit” of specific choices and actions that work toward an optimal health and wellbeing;
- 2) Wellness is “holistic health” extending beyond physical health to incorporate many different dimensions that balance in harmony. HRN Peer Recovery Support is a team approach to building resilient wellness.

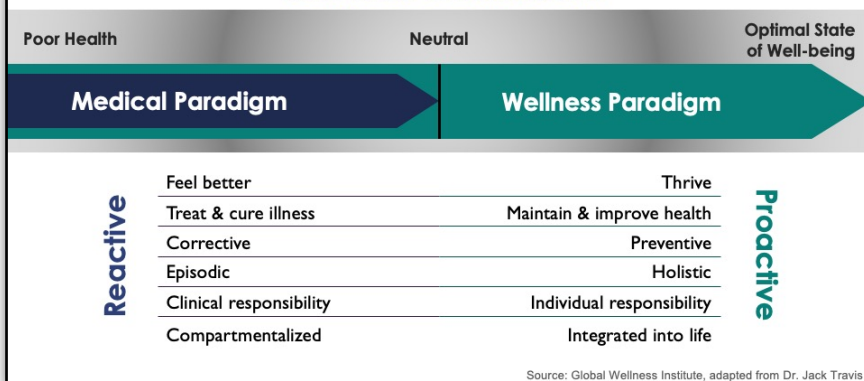
Wellness is an individual pursuit—we have self-responsibility for our own choices, behaviors and lifestyles—but it is also significantly influenced by the physical, social and cultural environments in which we live.

Areas of Wellness (Sometimes its defined in 8, 10 or more categories, but all have aspects of these 6):

- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging the world through learning, problem-solving, creativity, etc.
- **Social:** Connecting and engaging with others and our communities in meaningful ways.
- **Emotional:** Being aware of, accepting and expressing our feelings, and understanding the feelings of others.
- **Spiritual:** Searching for meaning and higher purpose in human existence.
- **Environmental:** Fostering positive interrelationships for your environmental health with sustainable actions and choices.



Wellness Continuum



To understand wellness, consider health as a continuum that extends from illness to a state of optimal wellbeing. On one end, patients with poor health engage the medical paradigm to treat illnesses; they interact reactively and episodically with doctors and clinicians who provide care. On the other end, people focus proactively on prevention and maximizing their vitality. They adopt attitudes and lifestyles that prevent disease, improve health, and enhance quality of life and wellbeing.

Wellness is different from healthcare. Our healthcare systems use a pathogenic and reactive approach, focused on causes, consequences, diagnosis and treatment of diseases and injuries. But, **wellness is a proactive approach, focused on prevention**, healthy lifestyles and the pursuit of optimal wellbeing. A solid foundation for wellness helps us prevent and overcome disease, both at present and in the future.

<https://globalwellnessinstitute.org/what-is-wellness/>

*It is essential to understand the continuum to **combat negative feelings** that poor physical health, substance abuse side-effects, and/or a chronic mental illness make “thriving” wellness out of a person’s reach. This might limit energy to focus on the overall aspects of holistic health. But there is strong evidence that doing your best to focus on **wellness provides a universal medicine**. We all should focus on both the physical and wellness paradigm simultaneously, for our recovery process and beyond.*